

CANCER

THRIVING & SURVIVING

A Workshop in Self-Management for Adults and Caregivers Impacted by Cancer



Hunterdon | Mercer
Chronic Disease Coalition

Program Description

The Cancer Surviving & Thriving Program is a six-week workshop that helps people who are impacted by cancer to better manage their health and daily lives. This evidence-based program covers both physical and emotional wellness. Resources, skills and action planning contribute to having a greater sense of control over living with or caring for someone with cancer.

Developed by Stanford University, this is a licensed program in self-management proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving. The curriculum covers issues experienced by many such as managing fatigue; pain and sleep; dealing with difficult emotions and relationships; staying active and communicating with providers, family and friends. All workshop materials have been reviewed by physicians, registered dietitians, occupational and physical therapists and other health professionals. Topics include:

- » Dealing with frustration, fatigue, pain, isolation and poor sleep
- » Living with uncertainty and dealing with negative emotions
- » Exercises for maintaining and improving strength and endurance
- » Making decisions about treatment and complementary therapies
- » Communicating effectively with family, friends and health professionals
- » Nutrition healthy eating
- » Setting priorities

Understanding the Challenges to Thriving

Many people assume that the challenges they are experiencing are due to only one cause – having cancer. While cancer or its treatment can certainly cause pain, fatigue, anxiety and so on; it is not the only cause. Each of the challenges depicted in the graphic can by themselves contribute to the others, and all can make each other worse. This can become a vicious cycle that gets worse unless you break the cycle. By understanding the cycle and how each symptom can contribute to increasing others, you will learn techniques that help you break the cycle at various points.



WHAT PREVIOUS PARTICIPANTS HAD TO SAY

"It made me feel more confident in my abilities to take back some control of different areas of my daily life."

"The workshop created a community feeling where we all felt comfortable discussing some of the challenges we are facing, learning from each other and learning more about ourselves."

"The workshop helped me learn and reinforce techniques to help me get through and live each day."

Workshop Format

Classes are participative, where mutual support and success build the participant's confidence in their ability to manage their health and maintain active and fulfilling lives. Workshops follow a standardized format and are conducted in both virtual settings (6-12 participants) and in person community settings (10-18 participants).

The Hunterdon-Mercer Chronic Disease Coalition holds the license to offer this program under a partnership agreement with the New Jersey Department of Human Services. Trained workshop facilitators from the following organizations guide participants through each session.



A non-profit dedicated to improving the comfort and care of cancer patients and their caregivers.



Engaged in the delivery of cancer and chronic disease prevention education, support of early detection initiatives and addressing survivor quality of life via educational outreach.

WHAT ARE THE BENEFITS?

According to the NJ Dept. of Health, participants report the following benefits:

- » Improvements in physical activity, stamina and pain control
- » Better communication with their health care providers
- » Reduced doctor and hospital visits

WHO SHOULD ATTEND?

Adults living with and/or have been affected by cancer can attend. Participants must be able to function in a group setting and have camera and audio capability on their electronic device for virtual workshops. Caregivers/support people are welcome at the workshops and are encouraged to participate. Participants share their successes, build a common source of support and develop personalized action plans.

WHAT IS THE COST?

This workshop is provided free to participants along with a copy of the companion book, *Living a Healthy Life with Chronic Conditions*. This book provides tips and tools to make life with a chronic condition easier and provides detail on the topics covered in the workshop.

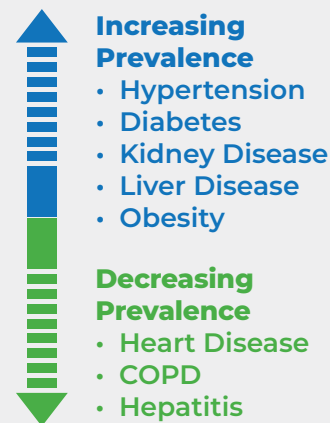
Chronic Health Conditions Among U.S. Cancer Survivors

Due to shared risk factors and delayed effects of cancer treatment, cancer survivors often develop multiple chronic conditions (MCC) which is defined as three or more health conditions.

They need long-term strategies that focus on:

- » Post-treatment symptom management
- » Disease prevention
- » Improved health, well-being and quality of life

Research conducted among 30,728 cancer survivors – Chronic Comorbid Conditions Among Adult Cancer Survivors in the US: Results from the National Health Interview Survey, 2022-2018, CANCER, Vol. 128, Issue 4 (2022).



How to Register and/or Get More Information

Workshops are offered several times a year and registration is required. If you are interested in registering, please contact Bonnie Petrauskas – Regional Coordinator; Hunterdon-Mercer Chronic Disease Coalition at bpetrauskas@hnsnj.org or 908-237-2328 to find out when the next one will be offered.

For a complete list of resources available, visit:



WEBSITE

<https://www.hunterdonhealth.org/services/hunterdon-mercerc-chronic-disease-coalition>



FACEBOOK

<https://www.facebook.com/HMCR CDC>



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